

# Golden Milk

## Ingredients:

### For the **Spice Mix**

- ¼ cup dried turmeric
- ½ tsp. black pepper
- 1 tsp. cinnamon
- 1 tsp. dried ground ginger
- 1/2 tsp. ground cardamom

Mix spices together. Store in an air tight container.

### For the **Golden Milk**

- 1 and 1/2 cups unsweetened coconut milk
- 1 and ½ cups almond milk
- 1 Tbsp. spice mix (recipe above)
- 1 tsp. coconut oil, olive oil, or ghee
- Sweetener of choice (honey, maple syrup, stevia)

## Directions:

1. In a small saucepan, add coconut milk, almond milk, 1 Tbsp. Spice Mix, coconut oil, black pepper, and sweetener of choice (I usually add 1 Tbsp (15 ml) maple syrup).
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
3. Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for spice.

Serve immediately.